

# Self help matters.

Helping you to find your solutions

## How to be Happy

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We need to align all aspects of who we are and what we're about in order to be receptive to happiness. Unless we're tuned in to think, feel and act happy, we probably won't get there. Can we think positively and think ourselves happy? Can we feel happy by relaxing and taking a deep breath? Can we act out happiness by smiling? Some of us can increase our feelings of contentment by carrying out these exercises.

If we never experience the flip-side of happiness, such as sadness, then we wouldn't have the capacity to experience happiness. We need a balance.

## Top Tips

**Aspirations.** What if we decide that it's more realistic to aim to be content, joyful, pleased, delighted and cheerful? That sounds like a pretty attractive clutch of feeling states rather than just "being happy" – and it's probably more achievable.

**Here and now.** What's the value in brooding over the past, when you can be present in the moment? Use your senses (sight, sound, smell, taste, touch) to value, appreciate and enjoy what's around you.

**Value what you have.** If you spend most of your time focused on aspiring to get or achieve something, you fail to enjoy what you have now.

**Focus.** Develop an achievable goal and a plan to reach it. Pat yourself on the back when you get there.

**Purpose.** Think about what's important to you or something you strongly believe in, because often we forget what really matters to us.

**Journey.** Enjoy the journey rather than being preoccupied with the end result, because the process is often more interesting, involving or inspiring than the final end point.

**Meaning.** Developing meaning in your life can be an important spiritual exercise. A start can be in "being" rather than in "doing".

**"Hello", "thanks" and "sorry".** Three underrated words that, in order, allow you to engage with and appreciate other people and admit when you have made mistakes – all key social communications.

**Social.** Humans are social creatures and we all enjoy and benefit from being with others, whether it's through sports or social activities.

**Love yourself.** Most of us don't allow enough time for self-care, but it's a great feel-good tonic to develop self-confidence, self-worth, self-value and self-appreciation.

**Positivity.** You can choose to always think of the worst-case scenario or to catastrophize everything... or you can be realistically hopeful, confident and optimistic.

**Laugh.** Having fun is a great way to generate happiness vibes. We all laugh at different things – what one person finds funny, another might not. But there's a universality in enjoying laughter.

**Lifestyle.** Your body naturally feels good if you get a good sleep, exercise and eat a balanced diet. Adopt a healthy lifestyle that your body and mind will appreciate. It might be fun too.

**Give and ask for help.** It's comforting to know others are there if you need help and similarly it can make you feel good to be able to help others, maybe through homework, shopping or volunteering.

## Resources

### MOODZONE

Boost your mood, cope with stress, anxiety or depression or simply improve your overall emotional wellbeing.



**Opening Hours:** Online

[www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx](http://www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx)

### LIVING LIFE TO THE FULL

Want to know how to feel happier, more confident & worry less right now? Would you like to learn new ways of dealing with what life throws at you?



**Opening Hours:** Online

<https://littf.com/>

### THE MIX

Provides free, confidential support for young people under 25 via online, social and mobile.



**Opening Hours:** Online

[www.themix.org.uk](http://www.themix.org.uk)

### MINDFULNESS FOR STUDENTS

Helping you to stay calm, focused & better manage the pressures of student life.



**Opening Hours:** Online

<http://mindfulnessforstudents.co.uk/>

### UNIVERSITY OF ABERDEEN SERVICES & SUPPORT

A range of support resources for everyone at University



[www.abdn.ac.uk/infohub/support](http://www.abdn.ac.uk/infohub/support)

### BIG WHITE WALL

Online community of people who are anxious, feeling low or not coping who support and help by sharing what's troubling them. This is a free, online, moderated service and confidential.



**Opening Hours:** Online

[www.bigwhitewall.com](http://www.bigwhitewall.com)

#### If you are experiencing a crisis - please contact any of the following

- **Emergency Services** - telephone 999 (Free) 24 hours
- **Samaritans** - telephone 116 123 (Free) 24 hours
- **Breathing Space** - telephone 0800 83 8587 (Free) Mon-Thu 6pm-2am, Fri-Sun 6pm-6am
- **Nightline** - telephone 01224 272829 (local rate) term-time only, between 20.00-08.00
- **NHS 24** - telephone 111 (Free) 24 hours

For other support resources, please see - [www.abdn.ac.uk/counselling](http://www.abdn.ac.uk/counselling)